

Abstract of the Disclosure

A mobile terminal is presented, having capability to determine when a user should be stimulated toward an awake state. The terminal includes a receiver for receiving a sleep descriptor signal indicative of at least one sleep characteristic of the user, and also includes a signal processing module for processing the sleep descriptor signal. The signal processing module is arranged to provide, at least partly in response to the sleep descriptor signal, a stimulation signal indicative that the user should be stimulated. The mobile terminal is also usable for communication by the user in the awake state. This invention further includes a method, system, and monitor to be used with the mobile terminal in order to stimulate the user toward an awake state.